

**Essential Oils for Holistic Skin and Body Care
Workshop with Jimm Harrison**

Fine tune your skills in the creative art and science of blending essential oils. This seminar will dive deep into the versatility and diversity of essential oil blending and application for esthetics, massage and spa. Discover how to use synergies, expanding the therapeutic function of essential oils to achieve holistic healing and wellness. Learn how essential oils provide a full spectrum of healthy aging effects, skin healing properties, and provide treatment of difficult skin conditions. Review the therapeutic properties for relieving emotional and physical tension related to pain and inflammation. This workshop will provide you with the skills to use aromatherapy for personal care, face care, massage and in the spa setting.

Upon completion of the workshop you will learn to:

- Formulate with essential oils for use in skin care, massage and spa
- Effectively choose application methods for face, body and spa
- Expand your creative and therapeutic skills when blending essential oils
- Select carriers and bases according to their therapeutic properties and chosen application method
- Provide a useful definition of organic and natural skin care
- Develop essential oil formulas for at least 3 specific conditions

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| 9:00 - 9:15 | .25 | Holistic Beauty Definitions and Understanding/Natural Skin Care | Lecture |
| 9:15 - 9:30 | .25 | 3 Sectors of Essential Oils | Lecture |
| 9:30- 10:00 | 0.5 | Health, skin and botanical ingredients | Lecture/ Demonstration |
| 10:00-11:00 | 1 | How to select essential oils | Lecture/ Demonstration |
| 11:00 - 11:30 | 0.5 | 10 Essential oils for skin health | Lecture/ Demonstration |
| 11:30 - 12:00 | 1 | 10 botanicals for skin health | Lecture/ Demonstration |
| Lunch | | | |
| 1:00 - 2:00 | 1 | 3 Holistic Formulations | Lecture/ Demonstration |
| 2:30- 3:30 | 60 | Making a Serum | Activity |
| 3:30 - 4:30 | 60 | Student Blending | Activity |
| 4:30 - 5:00 | 30 | Wrap-up | Lecture |